

Physical Activity Checklist

If your healthcare provider gives you the OK to exercise, you're ready to get started! Consider your options and needs. Discuss appropriate activities with your *MOVE!* staff person. Brisk walking is a great start for many people. If you need to burn more calories, more energetic activities include swimming, jogging, and riding a bicycle.

Use this checklist to build healthy habits right from the beginning:

- ❖ Pick enjoyable, recurring activities that increase your heart rate and that you can do at a proper intensity.
- ❖ Wear comfortable clothes and shoes suited to the weather and activity.
- ❖ Try to get at least 30 minutes of moderate-intensity activities into your daily routine, especially if you haven't been active. Start slowly, and build up your exercise time and exercise intensity.
- ❖ Pick fun, year-round activities that suit your needs.
- ❖ Always warm up and cool down.
- ❖ For cardiovascular fitness, try to balance your modest activities with 30-60 minutes of energetic physical activity, at least 3-4 days each week.
- ❖ **ENJOY!**



Benefits of Regular Exercise

- ❖ Improves heart and lung function
- ❖ Decreases body fat and reduces weight gain
- ❖ Raises HDL "good" cholesterol
- ❖ Increases tolerance to stress and depression
- ❖ Decreases resting blood pressure
- ❖ Decreases total and LDL "bad" cholesterol
- ❖ Increases energy level
- ❖ Controls and may prevent the development of Type II diabetes
- ❖ Decreases risk of injury to bones

MOVE!